



SHEDDER'S COOKBOOK

How often does your other (better) half complain that you don't support her by doing some of the cooking? Let's hope not too often.

This is a recipe that **Peter Charlton** enjoys as it is so delicious. We are reminded that you don't have to be a great cook (you heard about the army joke when the sergeant asked "Who called the cook a bastard? ...") but it is good to

tempt fate at times and to prove victorious.

ALMOND BISCUITS

Ingredients

- 300gm (3 cups) Almond meal
- 220gm (1 cup) Castor sugar
- 1/8 tsp Almond essences
- 3x Egg whites
- 1 cup Flaked almonds
- 1 cup sugar to dust

Method

- Put almond flakes on a flat plate
- Combine almond meal, castor sugar and almond essence in a large bowl
- Add lightly beaten egg whites and stir until mixture forms a firm paste
- Roll small balls (1 1/4" diameter) on the flaked almonds
- Place balls onto oven trays and flatten a little
- Bake at 180C for 12-15 minutes or until lightly browned.
- Cool on racks
- Dust with sugar



Bon Appétit!

If you have a favourite recipe that you have actually made and would want to share with your mates, why don't you send it to us.



**I tried to make
a salad ...
I failed!**